METHOD
CATECHIZING.

Wherein are handled these
four Points.

The 38. Edition.

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To the Christian Reader.

OBseruing by the often and many Impressions of this little Catechisme, the generall passage, and good acceptance it hath had with many people, I was moved once more to peruse and amend it; especially in regard of the Quotations; being much grieved that I did not take this taske in hand, during the life of that blessed Seruant of God, and faithfull Minister of the Gospell of Iesus Christ, from whom I had the first proiect thereof, and by whom I was drawne to put it to the Presse; by whose death the Church wherein he liued lost a most vigilant Pastor, and I a most true and ancient friend, faithfull and louing as *Ionathan* to *David*: by meanes of which losse I did vnwillingly vndertake this small labour: yet something I thought good to doe herein.

The additions, detractions, and alterations which I haue made, are very few and small, and such as (I hope) neither the

iudicious will dislike, nor the vnlearned stumble at. The cheife thing I desired and endeauoured, was that the Quotations might bee more fit and plentifull: Which thing if I haue (as my hope is) in some measure attained vnto, then let mee require thee to keepe in remembrance, and put in practise my former admonition, which was, that the Scriptures quoted in the margent, might bee diligently searched and compared with the answere which they are brought to prooue. For by this meanes, though thou proceed more slowly, yet thou shalt walke more surely, and profit more soundly by this Christian and necessary exercise of Catechizing; when by this meanes, thy faith and conscience shall bee grounded not vpon the weake and vnperfect speeches of sinfull men, but vpon the pure and sure words of the Spirit of God. To whose most blessed and holy direction and blessing, I commend and commit thee now and euer.

Thine in the Lord,

ST. EGERTON

Places of Scripture, shewing the necessitie and antiquitie of Catechizing as well primately *as publickely.*

Testimonies

THese words which ℣ command thee this day shall bee in thy heart, and thou shalt rehearse them continually (setting an edge vpon them) vnto thy Children: and thou shalt talke of them when thou tarriest in thy house, &c. Deut 6. 6 7. 8.

For precept must be vpon precept, precept vpon precept, line vnto line, line vnto line, here a little and there a little. Esa 28 10.

Therefore leauing the Doctrine of the beginning of Christ, let vs be led forward to perfection. not laying againe the foundation of Repentance from dead workes, and of Faith to God. &c. Heb. 6. 1.

Abraham.

And the Lord said: Shall ℣ hide from Abraham that thing which I doe? For ℣ know him, that hee will command his Sonnes, and his Household after him. &c. Gen. 18. 1.

Dauid. 1 Chron. 28.9.10. *And thou* Salomon *my Sonne, know thou the God of thy Father, and serue him with a perfect heart, and with a willing mind. &c.*

Christ. Mat 16.15. 16.17. *He said vnto them, But whom say ye that I am? Then* Simon Peter *answered and said, Thou art Christ the Sonne of the liuing God. And Iesus answered and said vnto him, Blessed art thou* Simon *the Sonne of* Ionas, *&c.*

Philip. Acts 8 30 31. 35 36. 37. *And* Philip *ranne thither, and heard him read the Prophet* Esaias, *and said; But vnderstandest thou what thou readest? And he said, How can I except I had a guide?*

Barsheba Pro. 31.1. 2. &c. *The words of King* Lemuel: *A Collection of the Precepts which his Mother taught him, What my Sonne, &c.*

A PRAYER BEFORE the Exercise.

MOst blessed Lord and heauenly Father, wee acknowledge and confesse before thy Maiestie, that wee are dull to conceiue, weake to remember, hard to beleeue, and slow to practise the wholsome Instructions, fearefull Threatnings, and gracious Promises of thy heauenly word. Wherefore we humbly beseech thee to be present with vs at this time, to teach vs, and blesse vs, and to make this Exercise of thy holy word, powerfull and profitable vnto vs. O Lord enlighten our mindes, that we may vnderstand; open our hearts that wee may beleeue; and so strengthen our memories, that wee may hide and lay vp thy promises, precepts, and threatnings in our hearts, to keepe vs

from ſinning againſt thée. And though by the corruption of our nature, wee thinke euery good thing tedious and vnſauory, yet wee pray thée to ſanctifie and ſweéten the ſame vnto vs by thy holy ſpirit, that wée may finde more comfort therein, then in any worldly or bodily exercise whatſoeuer. And grant O Lord our God, that this true ioy and ſound delight may make vs watchfull to redéeme the time, and conſtant in performing this holy duty, to the daily increaſe of Faith, and a good conſcience, to thy Glory and our owne Saluation, through our Lord and Saviour Jeſus Chriſt: to whom with thée and the Holy Ghoſt, be giuen all Honour and Glory for euer.

Amen.

A BRIEFE METHOD

Of Catechizing: wherein are handled *these foure points.*

1. *How miserable all men are by nature.*
2. *What remedy God hath appointed for their deliverance.*
3. *How they must liue that are deliuered.*
4. *What helpes they must vse to that end.*

Certaine generall Questions.

Q. OF What Religion are you?

A. Of the Christian Religion. *Religion* Act 11.22 Acts 4.12.

Q. What Religion is that.

A. That which teacheth men to looke for true and eternall happinesse by Christ alone.

Q. Where is Religion taught?

A. In the holy Scriptures of the Old and new Testament, which are given vs of God, to testifie of Christ to be a perfect Rule of sound doctrine and good life. *Scriptures.* Iohn. 5.39. 2 Tim 3.16

Q. What learne you generally out of the Scriptures?

A Two things: The knowledge of God, and of our selues, wherein standeth our true happinesse. Iohn 17 3. Rom. 7.9.

Q. What is GOD.

A. God is a spirituall Essence, that *God.* hath

hath his being of himselfe.

Iohn.4.24. & 8.58.

Q. What bee the properties of God?

A. They be of two sorts: some are incommunicable with the Creatures, and some are communicable.

Exod.3.14. Acts.17.28 Esay. 42.8.

Q. What bee his incommunicable properties.

A. Simplenesse without mixture, Eternitie without beginning or ende, and Infinitnesse, or Incomprehensiblenesse.

1 Ioh.1.5. Reuel 1.8. 1 Kin. 8.27

Q. What be his communicable properties.

A. They are chiefly fiue: Holinesse, Wisedome, Power, Iustice and Goodnes: all which are Eternall, Infinite, and Unchangeable like himselfe.

Ios.24.19. 1 Tim.1.17 Reuel.1.8. Gen 18.25. Mat 19.17. Iam.1.17.

Q. Is there any more but one onely true God.

A. No: but this one God hath made himselfe knowne to vs in three seuerall persons, the Father, the Sonne, and the Holy Ghost.

Mat.12.29 1.Ioh.5.7.

Q. What are the workes of God?

A. They are generally three, whereof the first is the decreeing and foreappointing of all things before all time to his owne glory.

Decree. Acts.15.18. & 2.23. Prou.16.4.

Q. What speciall things hath God foreseen and appointed?

A. Hee

A. He hath appointed some men (called therefore his elect or chosen) to eternall glory, and others to eternall fire. *Predestination.* Mat. 25.46. Rom 9. 22. 23 1 Thes 5.9.

Q. What is the second worke?

A. The making of all things in the beginning exceeding good in their severall kinds. *Creation.* Gen. 1.31. Col. 1.16

Q. What is the third?

A. The ruling and governing of all things most wisely, mightily, and righteously. *Governmēt,* Pro 16. 33. Mat 10. 19 2 Cron 11 4.

Q. How did God make Mankind?

A. He made the man of the dust of the Earth, and Woman out of Man, and both of them as well Male as Female in his owne Image. Gen 2.7.21 & 1.26.27.

Q. Wherein standeth this Image of God?

A. Chiefely in these three things: Knowledge, Righteousnesse, and true Holinesse. Col. 3. 10. Eph. 4. 14.

The first principall Point.

Q. Did man and Woman thus made, continue in this holy and blessed estate?

A. No: they fell from it & became most vncleane, cursed, & miserable Creatures. *Mans fall.* Gen 3. 12.

Q. How did they fall?

A. By the enticement of the Deuill, & their owne wilfull disobedience, in breaking Eccle. 7. 31. 2 Cor. 11 3 1 Tim 2. 14.

king the Commandement of God.

Q. What came to vs their Posteritie thereby?

Originall guiltinesse and corruption.

A. Three things: Guiltinesse of their sinne, corruption of nature, bondage to Satan, and continuall sinning against God in thought, word, and deed.

Rom 5. 12.
Gen. 8. 5.

Q. What is sinne.

2. Cor. 2 4.
Iob. 5 7.

A. Sinne is an offence against God, or a breach of Gods Law.

Ps. 51. 4. 16.
Iohn 3. 4.

Q. What is guiltinesse.

Dan. 6. 8
Mat. 6. 12.

A. The merit and desert of sinne, making the Creature sinning, subiect to wrath and punishment.

Punishmẽt.

Q. What is punishment of sinne?

Gen. 3 22.
Deu 28. 61
Rom. 6. 23.
Mark. 9. 44.

A. The losse of Gods favour and former happinesse, with the due deseruing of all plagues in this World, and Hell fire in the World to come.

Q. How came these things to vs their Posteritie by their fall?

Mal 1. 10.
Heb 7. 9 20

A. Because Adam and Eue were the common Parents of vs all, and the very Stocke and roote from whence all Mankind did spring.

Q. Are all men Sinners then.

Rom 3. 10.
11. 12.
1 Ki 1 8 46.
1 Ioh, 1. 6. 7

A. Yea: all haue sinned and failed of the glory of God: There is none that doth good, no not one.

Q. And

Q. And are all subiect to this punishment?

A Yea: all without exception are the children of wrath, and bond-slaues of Satan. Rom 6.23. Ezec. 18.4.

Q. How may we be touched with the sense and feeling of our sinnes.

A. If we consider the multitude, and hainousnesse of them, being committed against the glorious Maiestie of God, and his most pure and undefiled Law. Deut. 32.6. Psal.40.12. 1 Cor 10. 22. Heb 10.31. & 12.29.

Q. How may wee bee touched with feare and horror of the punishment?

A. If we consider how many and how grieuous Gods Iudgements are in this Life, and how intollerable and endlesse in the world to come, Deut. 18. 25.26. Marke 9. 43 44.

Q. What ought this feeling and feare to worke in vs?

A. An vtter loathing and dislike of our selues, with an earnest desire and carefull laboring after the remedie prescribed in the Gospell. Leu. 13.41. Iob. 42.6. Mat. 11.28 Luke 5. 17.18.

* *The second principall point.*

Q. What remedy is there against this misery? *Remedy.*

A. None at all, either in our selues, or any Creatures, but onely in Iesus Christ. Acts 4.12. Rom. 7. 24.25.

Q. What

Q. What is Christ?

Christ. 1 Cor 1.30 A. The eternall Sonne of God, and second person in Trinitie,, both God and Man.

Q. How came Christ to be man?

Ioh.1.14. Luke.1.35. A By taking our nature to himselfe, being conceiued by the Holy Ghost, and and borne of the Virgin Mary.

Q. Why was it needfull hee should be Man?

Christ man Iohn.1.14, Luke 1.35 A. Because he could not haue dyed and satisfied for mans sinne, except he had taken mans nature.

Q. Why was it needfull he should be GOD?

Christ God. Heb 4.14. & 7.52. A. Because else he could not haue ouercome Death, and performed that perfect satisfaction and righteousnesse which the Diuine Iustice required.

Q What hath Christ done for man?

Redemption Iohn 10. 1. & 17.9. Heb 5.7. Ephes 5.2. 1 Cor.1 30. A. He hath fully pacified Gods infinite anger against the sins of all the Elect, freeing them from sinne and death, by his death and sufferings, and so is made our Redemption.

Q. What else hath he done.

Righteousnesse. Mat.3.15. Rom.10 4. 1 Cor.1 30. 2 Cor. 5.11. A. He hath fulfilled for them that perfect Righteousnesse, which the Diuine Iustice required, and so is made our

Righ-

Righteousnesse.

Q. What blessings and reward do men reape by the obedience and Righteousnes of Christ?

A. By him we haue Adoption, that is, they are made the children of God, and heires of eternall glory. *Adoption.* Iohn 1.12. Gal.4.5. Ephes.1.

Q. What else hath Christ done for vs?

A. Hee hath sanctified our nature in his owne person, and doth sanctifie vs daily by his Spirit, and so is made our Sanctification. *Sanctification.* Rom 8.2. 1 Cor.1.30. Heb.2.11. Iohn 17.19

Q. Doe men perfectly enioy all these benefits.

A. They are fully iustified in the sight of God, and adopted into the number of his children: but not wholly freed from sinne till after death. *Sanctification imperfect.* Iohn 13.10 Rom. 7.13. 24. 1 Iohn.2.1.

Q. How then can any thing that proceedeth from vs be pleasing to God?

A. Because Christ sitteth at his right hand a Mediator, maketh our duties (though weake and vnperfect) acceptable to his Father. *Intercession* Rom. 8.34. Iohn 2.1. 1 Pet.2.5.

Q. Who are partakers of these benefits by Christ?

A. Onely such as come vnto him, that is, which beleeue in his Name. Mat.11.28. Iohn. 6.33.

Q. What is it to beleeue in Christ?

A. To

Faith.
Math 1.21.
Luke 2.11.
Iohn 1 12.
& 3.16.
Mar.5.36.
Iohn 6.29.
& 3.16.
Acts 16 30
31.

A. To be truely perſwaded that hee is a Sauiour euen to vs.

Q. What encouragement haue wee to beleeue in Chriſt?

A. Becauſe wee are commanded and exhorted ſo to doe, and for that hee is offered freely vnto vs of God, with this onely condition, beleeue in him.

Q. Is it for the worthynes of our faith that we are ſaued.

A. No: (for we beleeue in part) but only for the worthynesſe of Jeſus Chriſt, vpon whom Faith layeth hold.

Q. Is it in our power to beleeue?

Mat.9 24.
1 Cor 12.9
Luke 17.5
Hebr 10.
15.16.
Ephes.2 8
Acts 13.48
Rom.10 17
Gal.5.21.

A. No: It is the gift of God to his Children, wrought in their hearts by the holy Ghoſt through the Preaching of the Word.

The third Principall point.

Q. Seeing we are ſaued only by Chriſt, through Faith, may we now liue as wee liſt.

Titus 2 11
12. &c.
2 Tim 1 19

A. No: for the Goſpell teacheth vs to deny all vngodlines and worldly luſts: and Chriſt dyed to purge vs to himſelfe a peculiar people, zealous of good workes.

Q. What workes are to be accounted good workes?

Good workes

A. Such as proceed from Faith, and be

be done to the glory of God, and grounded vpon the Word of God. Acts 15,9 Heb. 11,6.

Q. What call you the first & continual worke of Gods Spirit in the faithfull? 1 Cor. 19. 31.

A. Repentance: that is, such a changing & renewing of the heart, as bringeth forth a new life and conuersation. *Repentance* Mat. 3.7.8. & 12,33, 34,35

Q. What be the parts of Repentance?

A. Two: that is, dying to sinne, and liuing to righteousnesse: or the putting off the old man, and putting on the new. Rev. 12. 11. Rom. 6. 11. Eph. 4.22. 23.

Q. Whence doe these two spring? Rom. 6.3 4,5.

A. From the power & vertue of Christs Death and Resurrection, into whom wee are ingrafted by Faith. Ioh. 15.1,2

Q. Wherein doth repentance chiefely appeare?

A. In the changing of the thoughts, affections and purposes of our hearts. Rom. 2 28 29. & 7.22 & 12. 2.

Q. Why should wee repent and doe good workes, seeing wee are not saued by them? Eph 4.22. 2,3.

A. Because God requireth them at our hand: and that no vnrighteous person shall enter into the Kingdome of God. *Motives to Repentance and good workes.* 1 pa 2 10. 1 Cor. 6 9 10.

Q. Wherefore else?

A. To glorifie God our heauenly Father, and to shew our selues thankefull Mat. 5. 16. 2 Pet 1 9 1 Pet. 2.9

1 Pet.3.1. 2 Pet.1.10. & 2.12. full for all his benefits, especially for our Redemption by Jesus Christ.

Q. Is there any other reason?

A. Yea: for by this meanes wee may win others to God, and make sure our owne calling and election to our selues.

Q. How can we haue any assurance of our calling and election by workes?

Gal.5.6. Iam.2.14. 1 Iohn.2.6. 7. A. Because they shew whether our faith in Christ be true or counterfeit, liuing or dead.

Q. What workes do chiefly shew this?

Rom.5.1. & 2.29. Iohn.21.17 Iohn.13.14 1 Iohn.5.4 A. Peace of conscience, vprightnesse of heart, the true feare and loue of God and our brethren, striuing against sinne, victory ouer the World, and such like.

Q. What other witnesses haue the faithfull?

Rom 8.16. Ioh 5.6.7.8. A. They haue the Spirit of God bearing witnesse to their spirits, that they be the Children of God.

Q. Doe these witnesses neuer faile the faithfull?

Luk. 12 31 31.36 37. Psal 51.9. 10.11. A. They may bee ouershadowed in them by the malice of Satan, and conscience of sinne: but neuer finally and wholly taken away.

Q. Why so?

A. Because they are grounded vpon the

the euerlasting purpose, and faithfull pro- Ephes. 1. 4.
mises of almighty God. Heb. 6. 13.
Ioh. 10 28.

Q. Doe our works deserue nothing at Gods hand?

A. No: for they are his owne workes Phil 2. 13.
in vs, and a debt most due to him: besides Luke 17. 19
in vs they are spotted and imperfect: and Heb. 11 6.
finally, we are freely iustified by faith be- Esay 64. 6.
fore we doe them. Gal. 5. 17.

Q. These are strong perswasions to liue godly: but is there no reward for good workes?

A. Yea: exceeding great, both in this 1 Tim. 4. 8.
life, and especially in the life to come. Mat. 19. 19.

Q. Commeth this of the worthinesse 1 Cor. 15.
or merit of our workes? 58.
2 Cor. 4 17

A. No: but onely of the free fauour 2 Tim 4. 8
and faithfull promise of God, through the Rom 6. 23.
merit and obedience of Iesus Christ. Heb 6. 10.

Q. What other spurre haue wee to good vvorkes?

A. The liuely remembrance of Gods Psal. 116 12
benefits past and present, and his promise Heb. 13 6.
of assistance in time of need. Acts 17. 28

The fourth principall point.

Q. What meanes hath God appointed to continue and increase his graces in vs?

A. They are generally of two sorts:

2 Sam 6. 13, 14. publike and priuate.

Q. What shall we say of them which want both these?

Eph 2. 12. Pro 29 18 A That their estate is very fearefull and for ought we know plaine damnable.

Q. And what of such as having the meanes doe neither refuse or abuse them?

Acts 14. 16 1 Chr 15 3. Mat 11 20. 1 Tim. 2 1 Mat. 18. 18 1, 20 Acts 15, 21 1 Cor 11 23 Mat 15 15 Psal 50, 15 Col 3 17 Dan 9, 3, &c. Jam 1 6. 7 & 4, 3, & 5. 16. A That they bee farre more inexcusable before the Iudgment Seate of God.

Q. How must these meanes be vsed?

A. With such wisdome, vprightnesse, feruency, humility and constancy as wee may feele fruite and comfort thereby.

Q. What are the publicke meanes?

A. They are foure: Prayer, the Word preached, Sacraments, and Discipline.

Q. What is Prayer?

A. It is a religious calling vpon God alone, in the name of Christ, craving the things we want, and giuing thankes for those we haue.

Q When doe men pray aright?

Luk. 15 17 Gen. 18, 27, Mat 11 2, Iam. 5, 16 Luke 18, 1 2 &c. 1 Thes 5, 17. A. When they aske things lawfull to a right end, and come with faith in Christ feeling of their owne wants, reuerence of God, and loue to their brethren.

Q. What else is required in Prayer?

A. It must be feruent and earnest, and also constant and continuall.

Q What

Q. What call you Preaching?

A. When the Word of God is truely expounded, and profitably applyed, with doctrine, exhortation, rebuke & comfort. *Preaching.* Neh 8 8. Luke 4.21. 1 Cor. 14 3 2. Tim 3. 16.

Q. How may wee profit by the word preached?

A. If being perswaded that it is Gods ordinance wee come with prayer, heare with attention and application, and after call to minde what we haue heard, to put in practise. Rom 1.16. Luke 8. 18 Acts 17 11. Luk 11.21.

Q. What say you of the word read?

A. It is a part of Gods Ordinance, yet much more effectuall when it is preached. *Reading.* Act 15 15 1 Cor 14. 24 25.

Thus much of Prayer, and of the Word.

Q. What is a Sacrament? *Sacrament*

A. It is a holy signe and seale ordained of God, to assure vs of his loue to vs in Christ, and to testifie and confirme our faith and obedience to him, and our loue and fellowship one with an other. Rom 4.11. 1 Cor. 10. 16.

Q. How is it a signe, & how is it a seale?

A. It is a signe, because it setteth forth Christ, and his benefits to the outward senses of all: and a seale because it doth effectually apply the same to the faithfull Receiuer. Cor 10. 1 2.3.4. Marke 16. 15 10. Gal. 3.27.

Q. How many Sacraments be there?

1 Cor, 10. 1, 2, 3, 4, A. Two: Baptiſme and the Lords Supper.

Q. What is Baptiſme?

Baptiſme. Acts 22. 6. 1 Iohn 3. 5 Titus 3. 5. 1 Cor 6. 11 Ro. 6. 4. &c A. The Sacrament of the new and ſpirituall birth aſſuring vs by the due ſprinkling of water, that we are cleanſed from our ſinnes by the blood of Chriſt and and ſanctified by his ſpirit.

Q. What elſe doth it teach and aſſure vs of?

1 Cor. 15. 29. Rom. 6. 12. A. Dying to ſinne, and lyuing to righteouſnes; it is alſo a pledge of the reſurrection of our bodies after death.

Q. Why are vve baptiſed in the name of the Father, the Sonne and the Holy Ghoſt?

Mat 28. 19 2 Iohn 1. 3. Col 2. 6. A. To teach and aſſure vs of our communion with one God in 3. perſons.

Q. Why are Infants Baptiſed?

1 Cor 7 14 Gen 17 7. & 21 4 Acts 2 39. A. Becauſe the couenant and promiſe of God is made to the Faithfull, and to their Seed.

Q. What is the Lords Supper?

Lords Supper. 1 Cor 10. 16 Iohn 6. 51 A. The Sacrament of our ſpirituall nouriſhment, aſſuring vs by Bread and Wine, duly giuen and receiued, that by Chriſt we ſhall be nouriſhed to eternall life.

Q. May all that profeſſe Chriſtianity, be

be admitted as fit and worthy Receiuers?

A. No: but onely such as can, and also doe diligently proue, and examine, and try themselues. 1 Cor. 11. 28. 29.

Q. Wherein must Christians examine and prooue themselues?

A. Whether they know the grounds of Religion, beleeue in Christ, hate their sinne, and loue their Brethren. Prou 19. 2. 2 Cor. 13. 5 Luke 12. 5. Mat. 6 12. & 5. 23.

Q. What if men cannot finde those things in themselues?

A. Then they must forbeare till God haue wrought them, vsing carefully all other helps appointed for that purpose. 1 Cor. 11. 27. 29. Exod 20 7.

Q. What if they finde them weake and feeble?

A. Then they may and ought to receiue, to bee further strengthned. Mat 11 28. & 12. 20.

Q. What is Discipline?

A. That order and power which God hath left to his Church to auoid offences, and to recouer such as doe fall. *Discipline.* Mat. 10. 15. 16, &c.

Q. What is this power called in the Scripture?

A. It is called the Keyes of the Kingdome of Heauen, and the power of binding and louing. Mat. 16. 19 Luke 11 52

Q. Why so?

Q. Because the repentant are as it Iohn 10 23 Luke 7. 3

Acts 8 23, 37
1 Cor. 5. 5

were loosed, and let into Heauen by applying the promise of forgiuenesse of sins, & the obstinate bound and shut out.

Q Is it lawfull for euery man to preach, and to administer the Sacraments and Discipline, and to pray publikely.

Rom 10 15
Heb. 5, 4
2 Sam 6, 7
2 Chr. 26, 11
1 Sam. 20, 10.
Psal. 4, 4.
Acts 17 11
Matt. 6, 6

A. No: it is vtterly vnlawfull for any man, except he be lawfully called thereunto.

Q. May wee not rest in these publike meanes.

A. No: for we cannot alwayes haue them, and the Word of God, and our infirmitie requireth priuate also.

Reading.
Luk. 10, 26.
Mat. 24, 15
Rom 15
Deu 17. 19
1 Tim. 1, 13
Dan 9. 2
Deut. 7. 18 19, 20.
Acts 17. 11

Q. What is the first priuate helpe?

A. Reading of good Bookes, and especially the Booke of God, fitly called the Bible, as if it were the onely Booke of all Bookes.

Q. What is the fruit of Reading?

A. It is a meanes to increase Knowledge and conscience, and to make vs heare the Word with more fruit.

Q. What is the second priuate helpe?

Meditation
Psal. 110, 15, 27, 7.
Rom 15. 4

A. Meditation: that is, an earnest thinking vpon profitable things, as the Words and Workes of God, his Iudgements and Mercies towards others and especially towards our selues.

Q What

Q. What is the fruit of Meditation?

A. Not onely to kæpe the minde free from wicked & idle thoughts, but also to fill it with some holy & profitable matter. Psal 1.2. Mat.6.20. 21. Psal 119. 15 17 97. Col 3 12.

Q. What is the third helpe?

A. Prayer, which must be daily offered vp to God in priuate that hee may haue the glory of pardoning our daily sins and of sanctifying our food, labours, and rest vnto vs. *Prayer.* Col.4 2. 2 Tim 4. 5. Math.6.6.

Q. What is the fourth helpe?

A. Godly conference, instructing, rebuking, exhorting, comforting one another in wisdome and loue. *Conference* Heb.3.3. & 10.24 Exod 18. 8. Mal.3 16.

Q. What is the fifth helpe?

A. A carefull practise of that we know without which wee shall neuer truly taste the vertue of Religion, & power of Godlinesse. *Practice.* Iohn 7 17. & 13.10. Luke.8. 18

Q. Are the labours of our calling any hinderance of godlinesse?

A. No: but great helpes if they be performed in due time, with conscience, carefullnesse, and moderation, not quenching the loue and care of better things. Eph 6 5, &c. Acts 19. 30. & 20.34.

Q. How shall wee attaine this moderation?

A. If wee be verely perswaded, that our happinesse consisteth not in outward things

Luk.12.15. Heb.11.14 14.15 16. Mat.16.26. things, but is laid vp for vs in the life to come.

Q. What helpe receiue Christians from Gouernors & Magistrates, both priuate and publike?

A. Very great: for by their authority they are bridled from sinne, and encouraged in Vertue and vnder them liue a godly and peaceable life.

Gouernors. 1 Tim.12. 2. Ro. 13.3.4. Psal.72.7.

Q. What will the enioying and right vse of all these meanes worke in Gods Children.

A. A most happy & comfortable change from that which they were before, euen in this life.

1 Cor 6.11. Ephes.5.8. Acts 26.18. Philem.10.

Q. What becommeth of them after this life?

A. The Soule goeth immediatly into the paradise of God, and the body shall be raised vp at the last day, & ioyned with the same in glory for euer.

Luke 16.22 & 23.43. Mat 25.45. Reu 20.13. 1 Thes.4. 16.17.

The foure principall points, contracted and diuided into euen parts: euery Part containing *ten Questions.*

Q. WHat is the estate of euery naturall man?

A Very

A. Very miserable, and in no wise to be rested in. *Misery.* Ephe. 2. 2. 3 & 4. 17. 18.

Q. What maketh his estate so bad? Rom 7. 4.

A. Two things: sinne and the punishment thereof. Esay 50 21 Rom 6. 23 & 3. 25.

Q What call you sinne? 1 Iohn 3 4

A. Euery breach of Gods Law. Psal 51. 4.

Q How doth man breake the Law of God? Esay 1 16. Dan. 9. 6. Ezec. 33. 31 Nū 20. 10. Esay 64 6. Deut 27. 25 & 18. 15. &c.

A. By doeing things forbidden, leauing things commanded, or failing in the manner.

Q. What is the punishment of sinne? Luke 16. 23. 26. Prou. 15 9. & 21 27. Esay 1, 13, & 14, c

A. All miseries in this life, death in the end, and Hell euer after.

Q Is sinne such a grieuous thing? Ier 2 19. Mat. 9. 43 44. Iob. 34 18. Reu, 19, 16 Esay 6, 3 1 Sam 2 25 1 Co. 10. 22 Psal 36. 5, Deut. 32, 4. Heb, 10, 31, & 12, 29.

A. Yea: it is the most hainous and loathsome thing in the world.

Q How appeareth that?

A. Both by the punishment, and by the person against whom it is committed.

Q. Who is that?

A. Almighty God, whose Holinesse, Power, Justice, and Goodnesse is infinite and vnspeakable.

Q. What shall a man doe in that woefull estate

A. Bewaile his miserie, and hasten to get out of it.

Q Is

Luk. 15 17
Acts 2.37.
& 16.29.30
Heb. 12. 1.
Luke 1..21
Eph. 6. 12.

Q. Is he able of himselfe to doe this?

A. No; and besides he hath three Enemies, the Flesh, the Deuill, & the World that will labour to hold him in it.

The second part.

Q. Where shall a man finde helpe?

Deliverance.

Acts 4. 12.

A. Onely in Jesus Christ, the onely begotten Sonne of God.

Q. What hath he done to deliuer man out of misery.

1ohn 1. 14.
Math. 3. 15.

A. He became man, and in our nature fulfilled all righteousnesse, doing and suffering whatsoeuer belonged to the full satisfaction of the Law and Justice of God.

Q. How hath he done this?

Gal 3. 13.
Rom. 4. 25.

A. By bearing for vs the punishment which the Law threatned, and fulfilling the righteousnesse, which the Law required.

Q. How did Christ beare the punishment due to sinne by the Law?

Mat. 2. 14.
Luke 9 58
Phil. 2 8.
Luke 3. 51.

A. By enduring manifold miseries all his life time, and in the end the wrath of God, and the Cursed death of the Crosse.

Q. How did hee worke the righteousnesse required by the Law?

Mat 3 15.
1 Pet. 2. 22.
Heb. 7 16.

A. By being obedient to the will of God, in thought, word, and deed, all his life long.

Q. What

Q. What benefit haue men by Christ his death and sufferings?

A. Deliuerance from sinne, and the punishment thereof. 1 Cor. 15. 56. 57. Heb 2. 14. 15.

Q. And what by his righteousnes and obedience?

A. The fauour of God and euerlasting happinesse. Rom. 5. 18. 19. Gal 4. 4, 5, 6

Q. How may men obtaine these benefits by Christ?

A. Onely by a true faith in him. Iohn 1. 12

Q. What is a true faith in Christ?

A. An assurance that by his sufferings our sinnes are forgiuen: and by his righteousnesse the fauour of God, and euerlasting life is obtained for vs. Iohn 6. 69

Q. Is it in our power to beleeue?

A. No: it is the gift of God by the working of his Spirit, through the preaching of the Gospell. Rom 1. 16. 17. & 10. 17 Ephes. 2. 8. Gal. 5. 22.

The third part.

Q. Shall all beleeuers haue benefit by Christs death? *Godly life*

A. All that doe truely beleeue shall: but there is a dead faith that profiteth nothing. Iohn 3. 1 Iam 2. 8.

Q. How is the true faith perceiued?

A. By

Iam.2.18. 1 Iohn 3.3. A. By the fruits thereof and namely by Repentance.

Q. Why so?

Luc.19.8.9. Acts 15.9 A. Because whersoeuer Gods Spirit worketh true Faith, there he worketh Repentance also.

Q. What is Repentance?

Mat 3.8. Rom.12.2. Esay 1.16. A. Such a change of the heart, as bringeth forth a reformed life.

Q. Whence commeth this change?

Luke 7.47. 1 Ioh.4.19. A. Especially from the sight & feeling of Gods mercy towards vs in Christ.

Q. From what is the heart changed?

Iohn 21.15 Philem 21. Tit 2.12. A. From the loue of the World to the loue of God: from carelessenesse to conscience, and desire to please God.

1 Ioh.2.15. 2 Cor 5.17. Gal 6.15. Q. What is the change called?

A. It is called in the Scriptures, a new Creature.

Q. How doth it appeare?

Psal. 34.14. Rom.12.9. Ephes.4.25 A. When in word and deed we endeauour to abstaine from euill, and exercise our selues in that which is good.

Q. Is this change of heart and minde perfect in any?

Mar 9.2. 1 Cor.13 9 Heb 6 1.3. Phil 3.1. 1 Pet.2.2. A. No: we beleeue not perfectly, and therefore wee cannot loue perfectly: but we must striue to perfection.

Q. How must we striue?

A. By

A. By a diligent vse of the meanes which God hath appoynted for our increase in Faith and Repentance. 1 Thes.5. 19.20.

The fourth Part.

Q. What are the publike meanes?

A. They are chiefely three: hearing the Word, receiuing the Sacraments, and ioyning in Prayer. *Helpes to godlinesse.* Rom.10.14 Luk.22.19 1 Tim.2.1.

Q. What are the Sacraments?

A. Certaine outward Signes and Seales appointed of God, to assure vs that Christ and all his benefits are giuen to vs. Rom.4.11. 1 Cor.10. 16.

Q. How many Sacraments are there?

A. Two: Baptisme, and the Lords Supper. 1 Cor.10. 2.3.4.

Q. What doth Baptisme assure vs of? Titus.3.5.

A. That being ingrafted into Christ, we are washed from our sins by his blood and borne anew to God. 1 Pet.3 21.

Q. What doth the Lords Supper assure vs of?

A. It doth further warrant vs, that Christ is giuen to vs to be our spirituall nourishment to euerlasting life. 1 Cor.10. 16.17. & 11.15.26.

Q. Who maketh the right vse of the Sacraments?

A. He that is thereby dayly confirmed in Acts. 20.11 21.

Rom. 2. 25. in faith, and newnesse of life.

Q. Who obtaine this benefit by the Lords Supper?

Acts 8. 37. 1 Cor. 11. 28. A. Such as come with Knowledge, Faith, Repentance, and Loue.

Mat. 6. 9. &c. Luke 17. 15 16, 17. Psal. 50. 14. Col. 3. 17. Q. What is prayer?

A. A craving of those things at Gods hands which we want, and a thanking him for those we haue.

Q. When doe men pray aright?

A. When they pray onely to God in the name of Christ asking things lawfull, to his glory, with faith, feeling, and loue.

Gen. 24 63. & 18 19. Dan. 9 2. &c. Luk. 21. 34. Heb 10. 34. Psal. 119. 9. Q. What be the private meanes?

A. Reading, and Prayer, alone, and with others, instructing our Families, thinking vpon good matters, admonishing and comforting one another, and watching ouer our owne wayes according to the Word.

A MORE BRIEFE SVMME: WHEREIN the former forty Questions and Answers are brought to foure.

Q. WHat is the summe of the first point?

A. That

A. That euery man by nature is a most vile and cursed creature, an enemie to God, a bondslaue of sinne & Satan, and an heire to eternall condemnation. Gen. 6 5. Psal 5 4. Iohn 3 6. Rom 5 10. Ephes. 2 1. 2. 3.

Q. What is the summe of the second point.

That the onely meanes to free vs out of this miserable estate, and to make vs truely happy and holy, is Iesus Christ alone, and to the same apprehended onely by Faith. Acts 4 12 & 26. 18. Heb. 7 25. Iohn 1. 12.

Q. What is the summe of the third point?

A. That whosoeuer doth truely beleeue in Christ Iesus, is a new creature daily dying to sinne, and rising againe to righteousnesse. Rom 6 2. & 8. 1. 2. &c. & 7. 4.

Q. What is the sum of the fourth point?

A. That whosoeuer will continue a new creature, & increase in Grace, must conscionably vse both the publike and priuate meanes which God hath appointed for that end. 1 Cor. 5. 17 Col. 3 12. Pro. 20. 18. Amos 8. 11. Rom. 5 6. 14 15. Exod 20. 8. & 31. 13.

A forme of Examining such as are to receiue the Lords Supper diuided into two parts.

The first Part

Q. WHerefore doe you desire to receiue the Lords Supper?

A. Because it is the Ordinance of God ap-

1 Cor 11. 24. 25. appoynted by him to confirme my Faith.

Q. Doe you then finde weakenesse of

Rom 4. 11. faith in your selfe?

A. I doe indeed finde that my Faith is

Mar. 9. 24. Luk. 17. 5. feeble, and needeth strengthning.

Q. How perceiue you that?

Ps. 116. 10 Ro 10. 14. & 8 16. A. By my coldnesse in Prayer, want of Loue, Zeale, Repentance, and good Workes.

Q. What else.

Luke 7. 47. Phil 1 23. A. By my feare of death, desire of life,

1 Iohn 2. 15 loue of the World, and such like.

Q. These doe plainly argue a weaknes of faith: but haue you no faith at all or no?

1 Cor 5. 1. Phil. 3. 20. 21. Gal. 2. 20. A. Yea, for I am truely perswaded of mine owne saluation by Iesus Christ alone.

Q. What is the ground of your perswasion?

Rom 10 17 Eph. 1. 13. A. The ground of my perswasion is the free and gracious promise of God, reuealed in the Gospell

Q What is that promise?

Iohn. 3. 16. A. That whosoeuer beleeueth in the onely begotten Sonne of God shall not

2 Cor 1. 8. perish, but haue euerlasting life.

Heb. 11 19. Q. Why doe you beleeue this promise?

Ioh 10 29. 1 Cor. 1 9 A. Because God, who hath so freely made it, is both able and faithfull to performe it.

Q God

Q. God in his owne nature is Almightie and most true, but what further assurance haue you hereof?

A. His word is sufficient: yet tendring my infirmity, he hath bound it with an oath, and set to his Seale. Heb. 6. 17.

Q. How doth he set to his Seale?

A. By the ministery of the Sacraments, which the Apostle calleth Seales of the Righteousnesse of Faith. Rom. 4. 11

Q. Why doth he call them so?

A. Because by them God doth assure me, and euery faithfull Receiuer, that Christ is mine with all his benefits. Gal. 3. 27.

Q. What be these benefits?

A. They be six: Election, Redemption, Iustification, Sanctification, Adoption, and Intercession. Rom. 8. 29 30. 1 Co. 3. 30.

Q. What is Election?

A. Our being chosen of God the Father in Jesus Christ, to life euerlasting before all Eternitie. *Election.* Ephes

Q. What is Redemption?

A. Our deliuerance from all our enemies Sinne, Death, and Hell. *Redemptiõ.* Luke 7. 37. Luke 1. 74. Col 2 14

Q. What is iustification?

A. Christs making sinners accepted, and perfectly righteous in Gods sight, by his owne Righteousnesse imputed and gi- *Iustificatiõ* Phil 3. 9. 2 Cor. 5. 21.

uen vnto them.

Sanctification.
Apoc. 20 6
Luke 1 75.

Q. What is Sanctification.

A. Our holineſſe begun in this life, & to be perfected in the life to come.

Mortification
Vinification.
Rom. 6.11

Q. What be the parts of Sanctification?

A. Two: whereof the firſt is the Spirits killing of Sinne in vs: & the other his inabling vs to walk in newnes of life.

Adoption.
Iohn. 1. 12.
Rom. 8. 17.
Eph. 1 5.
1 Iohn 3 1.

Q. What is Adoption?

A. It is the Fathers making ſinners Sonnes and Heires of his kingdome in Chriſt.

Intercession
Heb. 2 17.
& 4 14.

Q. What is Interceſſion?

A. The vertue and efficacy of Chriſts death and obedience, preſenting himſelfe to God for vs.

Wisdome.

Q. Why doth the Apoſtle ſay, that Chriſt is made vnto vs, of God, wiſdome?

Rom. 5 18. 19.
1 Cor. 1. 30. 31.

A. Becauſe as his Righteouſneſſe, ſo his Wiſdome is imputed and giuen to vs that beleeue in him.

1 Cor. 6 7.

Q. Why doth he ſet Redemption in the laſt place?

Luk. 21. 28
Prou. 8. 23.

A. Becauſe wee are not fully freed from all miſery till after death.

Q. And are you ſure to be confirmed in all theſe, by the vſe of this Sacrament?

Mat 28 20.
Acts 8. 30.
Rom 10 13

A. Yea verily: for God will not faile to bleſſe his owne Ordinance, to euery one that vſeth it aright.

Q. Who

Q. Who are they?

A. Onely such as haue Knowledge of Religion, Faith in Christ, Repentance for their sins, with Loue to God and all men, euen their enemies. Mat. 5 23. 44. 45. Acts 8. 37. Rom. 14. 23.

Q. Haue you all these?

A. Yea, I thanke my God, in some competent measure, though my wants be many and great. 1. Cor. 13. 7 Heb. 11. 6.

The second part.

Q. Let me heare the sum of your Faith.

A. I beléeue in God the Father, &c.

Q. How many things doth this ancient Apostolicke Belefe teach you? *Faith or summe of the Gospell.*

A. It teacheth me what to beléeue, first, concerning God, and secondly concerning the Church of God.

Q. What beleeue you concerning God?

A. That there is one God, and three Persons: the Father, the Sonne, and the Holy Ghost. Mat. 28. 19 1 John 5. 7

Q. What beleeue you concerning the Father?

A. That he made me in the beginning in his owne Image, and will guide me for euer to his owne glory. Gen 1. 26. Psal 73. 24.

Q. What else?

Ephes. 1. 3. 4. 5. A. That he hath chosen me before all beginnings, in Jesus Christ, to bee his Child: and therefore I am bold to call him Father.

Q. What beleeue you concerning Iesus Christ?

Iohn 10. 18 Rom. 14. 9 1 Cor. 6. 20 A. That he is my gracious Lord; because by his death I am freed from death and sinne, and by his obedience I haue righteousnesse and life.

Q. What else?

Rom. 8. 34 Phil. 3. 20 21. Heb. 9 28. A. That he maketh most effectuall Intercession for me in heauen, whence hee shall come in due time, to deliuer me from all misery.

Q. What beleeue you concerning the Holy Ghost?

Ephes. 2 8. 1 Cor 3. 6. & 12. 4. Luk 11 20. Mat 12. 28. Ephes 2. 18 1 Cor 2. 12 Gal 5. 5. 1 Cor 12. 4 Gal 5. 22. 23. A. That he being the power of God, ioyneth me to God, and maketh me (and all Gods elect) partakers of the mercy of the Father, and of the merit of the Son.

Q. What else?

A. That it is he alone who worketh al spiritual graces in me, and that maketh all good meanes profitable vnto me.

Q. What beleeue you concerning the Church?

Gen 43. 26. Rom. 11. 4 A. That there is, and hath beene from the beginning, a number, whom the Father

ther hath chosen, and the Son redeemed, and whom the holy Ghost doth sanctifie and glorifie for euer.

Q. What else?

A. That I being one of the number, enioy the forgiuenesse of my sins in this life, and that in the end of the World, my body shall rise, and bee ioyned to my soule in eternall happinesse. 1 Iohn 1. 7. Act 22. 15. 2 Cor. 5. 1. Col. 3. 4.

Q. Seeing the rule of Loue is the Law of God, contained in the ten Commandements, rehearse the words. *Law of God*

A. I am the Lord thy God, &c.

Q. What doe these tenne Commandements teach vs in generall?

A. To loue the Lord our God with all our hearts, and with all our soules, and all our might: and our neighbours, as our selues. Deu. 6. 5. Mat. 22. 37 Mark 12. 30.

Q. How many of them concerne the worship and seruice of God?

A. The foure first wherein I am charged to yeeld vnto God alone the true and spirituall worship, which he hath prescribed in his Word. Math. 4. 10. Iohn 4. 23.

Q. What be the chiefe branches of Gods true worship?

A. They are chiefly six: that is, Knowledge, Faith, Loue, Feare, Thankfulnes, and Prayer.

Q. How must you loue God?

Mat. 12.30. A. Vnfainedly, with all my heart, soule, thought, and strength.

Q. How may this loue appeare?

A. If I cleaue vnto him with my heart, worship him with my bodie, honour him with my tongue and life, and carefully keepe his Sabbaths.

Deu.6.13. Iohn 22.5. Esay.58.13 Act. 11.23. 1 Cor.6 20

Q. What is the summe of the other fixe commandements?

Mat. 7 12. Iames 2.8. A. That whatsoeuer I would that men should doe vnto mee, euen so I doe vnto them, and that I loue my Neighbour as my selfe.

Q. How may this loue appeare?

Com 5. A. If I reuerence and respect euery man according to his calling, yeares, gifts and coniunction with my selfe.

Q. How else?

Com 6.7. 8.9.10. A. If I doe tender his life, and euery thing that is deare vnto him: that I doe not willingly so much as let my thoughts wander to his hurt.

Q. Whence come the Graces of Knowledge, Faith, Repentance, and loue?

1 Iohn 1.7 Iam.1.17. A. From God my heauenly Father, the constant Author and Fountaine of all good things.

Q. Doth he giue them to all men?

A. No;

A. No: but to them that aske in faith he giueth liberally, and vpbraideth them not. Verse 5.6.

Q. Haue you any sound patterne of holy prayer?

A. There be many in the Scriptures, but none comparable to the Lords Prayer for a perfect patterne and full direction to pray by. Gen. 24.12 & 32.9. &c

Q. Rehearse it?

A. Our Father which art in Heauen, Hallowed be thy name. Thy kingdome come. Thy will be done in Earth, as it is in Heauen &c.

Q. Need you vse no other form but this?

A. Yes: but I must haue an eye to this, and may fruitfully shut vp my particular Prayers in this. Act 4.24. Mat. 6.9.

Q. Why so?

A. Because it containeth whatsoeuer concerneth the Glory of God, good of his Church, comfort of my body, and saluation of my soule. Ioh. 1 2.28. Eph 6 18. 1 Tim 4 4.

Q. Are the Creed and Commandements to be vsed as Prayers?

A. No: but in praying wee are to craue strength to beleeue that which is contained in the Creed: & to practise that which is contained in the Commandements. Luk. 18.13. & 2 .42. Luk. 17.5. Heb. 3. 10.21.

ANOTHER FAMILIAR manner of Instruction, the most plaine and easie of all the rest, which Parents and Masters may with great fruit propound to their Families, especially before the communion.

Q Rehearse the Commandements?

Law shewing Mans miserie, and the rule of his life.

A. I Am the Lord thy God, which haue brought thee out of the Land of Egypt, out of the house of bondage.

1 Thou shalt haue none other Gods but me.

2 Thou shalt not make to thy selfe any grauen Image, nor the likenesse of any thing, that is in Heauen aboue, or in the Earth beneath, nor in the Water vnder the Earth: thou shalt not bow downe to them, nor worship them: for I the Lord thy God am a iealous God, and visit the sins of the Fathers vpon the Children vnto the third and fourth Generation of them that hate me: and shew mercy vnto thousands in them that loue me, & keepe my commandements.

3 Thou shalt not take the name of the Lord thy God in vaine. For the Lord will not hold him guiltlesse that taketh his Name in vaine.

4 Remember that thou keepe holy the Sabath day. Six day shalt thou labor, and doe all that thou hast to doe, but the seuenth Day, is the Sabath of the Lord thy God: in it thou shalt doe no manner of worke, thou and thy sonne, and thy daughter, thy man-seruant and thy maid-seruant, thy cattell, and the stranger that is within thy Gates, for in sixe dayes the Lord made heauen and earth The Sea and all that in them is, & rested the seuenth day: wherefore the Lord blessed the seuenth day and hallowed it.

5 Honour thy Father and thy Mother: that thy dayes may be long in the Land which the Lord thy God giueth thee.

6 Thou shalt doe no Murther.

7 Thou shalt not commit Adultery.

8 Thou shalt not steale.

9 Thou shalt not beare false witnesse against thy neighbour.

10 Thou shalt not couet thy Neighbours house, thou shalt not couet thy Neighbours wife, nor his seruant, nor his mayd, nor his Oxe, nor his Asse, nor any thing that is his

Q. Can you keepe all these commandements? *Sinne.*

A. No: I breake them daily in thought, Iam. 3. 1. word and deed. Q. How

Q. How so?

Ro.17. 14. A. Because the Law of God is spirituall, and I am carnall, sold vnder sinne.

Q. What doe they deserue that keepe not the Law of God?

Deut. 27. 26. Rom 9. 23. A. The curse of God, with all the miseries of this Life, and the punishment of Hell fire euer after.

A. By what meanes, or by whom may wee hope to haue deliuerance from this Curse?

The remedy Acts 4 11 A. Onely by Iesus Christ the eternall Sonne of God.

Q. Shall all men haue deliuerance by him?

Gal 2 20. Acts 16 31 A. No: but onely such as beleeue in him

Q. What is it to beleeue in Christ?

Faith. A. To be truely perswaded in heart that by him our sins are forgiuen, and we made the Children of God.

Q. Rehearse the summe of your Belief.

Summe of Faith. A. I beleeue in God the Father Almighty, &c.

Q. How doe men come by Faith?

Helpe. Gal 5.22. Ro.10.17. A. By the working of the holy Ghost through the Preaching of the Word.

Q. How are they confirmed and strengthned in Faith?

Acts 20.32. A. By the same Word, and also by the Sacraments.

Q. How

Q. How many Sacraments be there?

A. Two: Baptisme and the Lords Supper. *Sacraments*

Q. What doth baptisme teach and assure vs of?

A. That our sins are forgiuen and washed away by the sufferings and bloodshed of Jesus Christ, euen as the body is washed and cleansed by water. 1 Pet 3.21. Act.22.16

Q. What doth the Lords Supper teach and assure vs of?

A. That by the same Jesus Christ our Soules are nourished to eternall life: euen as our body is fed by Bread & Wine to a temporall life. Iohn.6.54

Q. What meanes must we vse besides?

A. One speciall meanes that we are daily to vse, is faithfull and hearty Prayer to God in the name of Jesus Christ. *Prayer.* 1 Thes.5.17.

Q. Rehearse the Prayer that Iesus Christ hath taught vs?

A. Our Father which art in Heauen, &c.

Q. How many petitions bee there in this Prayer?

A. Sixe: the three first whereof concerne the Glory of God.

Q. What doe the three last concerne?

A. The necessities of our owne soules and bodies.

Q. Why

Q. Why doe you pray first that God may be glorified?

A. To teach vs that we are to prefer the Glory of God before our owne good.

Iohn.12.27 28. Rom.9.3.

Certaine Rules for the direction of a Christian life.

Watchfulnesse. Prou 4.23. Mal 2.16. Luke 12.35 & 21.34.

KEepe a most narrow watch ouer thine owne heart, Words, and Deeds continually, not giuing any liberty to wandring thoughts or lusts.

Redeeming the time. Eph.5.16 Col 4.5. 1 Cor.7.25 1 Pet.4.33. Psal.90.12

2 Be wise and carefull to redeeme the time, which hath bene wickedly, idly, or vnprofitably spent: bestowing no more time in worldly matters then must needs.

Lye downe and rise with God Psal 3.5. & 4.8. & 37.5 Prou 3.6. 1 Cor.10.3.

3 At night lye downe in peace hauing blessed God for his benefits and reconciled thy selfe to him for the sins of the day past. In the morning let him haue the first place in thy heart, committing thy selfe and all thy wayes to his gracious gouernment, and consecrating them wholy to his glory.

Let Prayer goe before all businesse Col.3.17. Gen.24.12 Neh 2.4.

4 Goe to no place, frequent no company, vndertake no businesse, study, or trauell whatsoeuer, without hearty Prayer vnto God in the Name of Iesus Christ, for the obtaining of his holy Spirit, and mercifull protection.

5 In

5 In like manner forget not to perform this holy Dutie, when thou receivest any mercy from God: whether it bee Food, Apparell, Recreation, or any other thing, tending to the health of thy Body or comfort of thy Soule: neither bee so bold as to deale with any of the creatures of God, till thou hast prayed and prayſed the Creator thereof. *Let Prayer be seyned with all blessings.* 1 Tim. 4. 4. 5. Mat. 14 19

6 As Prayer must goe before and accompany all the blessings of God, so it must follow the fruition of them. And therefore, herein let every Christian set before him the example of Christ and his Apostles, who after they had received their bodily and spirituall food, and enioyed the company of one an other, gaue thankes to God the Father. *Let Praier follow the fruition of all Gods benefits.* Mat 26 30.

7 And though Prayer be a spirituall thing, and consists chiefly in the attention and earnestnesse of the minde: yet for the better quickning of the heart and affections, let the tongue and voyce bee vsed as oft as conueniently thou mayest, lest dulnesse and coldnesse creep vpon thee. *In Praying vse the tongue and voyce.* Psal. 16 9. & 30. 12 & 34. 1.

8 If your calling and estate will possibly beare it, let some time of the day be set apart for priuate Prayer, meditation, and reading of the Scripture, or some other choyce. *Set aside sometime for godly exercises.* Gen 24 36 Dan 6 10 Acts 10 9.

Things to be thought vpon.
Ieim. 12. 1. 2 3.
Psal. 107 43
Abac 1 3
Mat 2. 31. &c.

choice Booke that may best further you in knowledge and practice of true godlines.

9 Bend your minde to thinke often and earnestly vpon the workes of God: as his creating and gouerning the World prospering or punishing the wicked, blessing or correcting his Children in this life: with the eternall torment appointed for the one, and the vnspeakable glory layde vp for the other.

The worke of our Redemption, a speciall worke.
1 Cor 2.6. 7 8,9.
1 Pet 1.12.
1 Iohn 3. 1
Psal. 15. 1.

10 But aboue all the workes of God, thinke vpon the glorious and gracious work of thy Redemption by Iesus Christ, a Mysterie that the holy Angels doe admire, and desire to pry vnto: herein behold the sweet harmony and happy coniunction of the infinite Mercy & Iustice of God, meeting together: and take comfort and delight herein, with thanksgiuing.

The liues and deaths of others, but especially of thy selfe, must be thought vpon.
Heb. 12 2
Iob 17.13
14. & 21.25
24 25.
Heb 13 14
1 Thes. 5 22 23.
Reu 2.4

11 Marke the life & behauiour of the wicked, to auoid their steps; and of the godly, to prouoke thy selfe to a holy emulation of the like course, marke also their death with like diligence, & thinke seriously vpon thine owne death, how thou must shortly lye downe in the dust & part with whatsoeuer delight thou dost here enioy, that this may breede in thee a contempt of the World, and a longing after the life to come.

12 Ob-

12 Obserue daily how sin dyeth and is weakned in thée: and be carefull to shun one sin as well as another: and lose not thy first loue (as the most part doe) and delight in the Word & Worship of God, and in the fellowship of his Saints: but mourne and striue against thy sins, renew thy Couenant with God for that end.

Our Couenant made with God must be renewed. Psal. 26. 8. & 16. 3. Neh 9 28. Ps. 119 106

13. When you be in company, haue a care to receiue and doe good, and not hurt, either by your speech, or silence, countenance, or example: and auoyd, as rocks, swearing, and backe biting, and the like, common sins against the third and ninth Commandements. Let not God, or any word or worke of his be mentioned, but with feare: or any man named, but with loue and due regard of the royall Law, Whatsoeuer yee would, &c.

In company beware of breaking the third and ninth Commandements. Eph 4.29. & 5.4. Deu. 18. 58 Math 7.12.

14. Amongst all other things seeke to approue thy selfe to God, his Children and thine owne Conscience, touching thy charge and behauiour in that particular place and calling wherein God hath set thée, and towards those persons with whom God hath ioyned thée: as if thou be a seruant in obeying thy Master, seruing him with feare and singlenesse of heart: if a Master, in guiding thy Family accor-

Men walking in their particular callings the Touch stone of Religion. Titus 2.10. 1. Pet. 3. 4. 1. Tim. 2. 10 Mat. 23. 25 26. 27 21. Ier. 7. 9. 10. 11. Eph. 5. 25. & 6. 5. 6. 7.

ding to the Word: if a husband, in louing thy wife without bitternesse: if a wife, in reuerencing thy husband.

15. Finally, because the corrupt nature of man is so prone to prophaneness and hypocrisie, that when men are once come so farre as to vse the outward exercises of Religion (without marking in what manner, with what feeling fruit, and profit to their soules they vse the same) they please themselues: take heede of this deceit of Satan, and keepe thy soule with all diligence, that those duties be not made matters of course and custome without care & conscience to grow better thereby.

Take heede of performing holy Duties for fashion sake
Heb. 3 12.
1 Tim. 3 5.
Heb 3 12.
Esai. 1. 11. 14.
Mat, 15. 8.
Reu. 3. 15.

THE FORMER RVLES expressed in meeter by a godly Minister.

A

Prou. 4. 23. Luk. 21. 34. Ios 7. 21. Gen. 39 7. Ephes 5. 16

ACquaint thy selfe, most narrowly,
Thy minde and heart and life to watch:
Lest idle thoughts and noysome Dreames
Doe wicked lusts and dealings hatch.

B

Psa 90. 10. Mat 6 33. Luke. 10. 41. 42. Psa 55 17. Dan. 6 10.

Be wise and carefull to redeeme
Thy precious times to holy deedes.
Let not these earthly matters base
Consume more houres then they must needs.

C

Call to thy minde (when night is come)

Thy

Thy ſinnes that day to craue releaſe:
Thinke on Gods fauours, him to praiſe,
That ſo thou mayſt lye downe in peace.

D

Doth Morne approach and ſleepe depart?
Firſt lift thy minde to God on high:
Commit thy ſelfe and wayes to him,
And vow to ſerue him faithfully.

E

Enter vpon no kinde of worke,
But craue Gods Spirit thee to direct,
Goe to no place nor company,
But pray from ill, Lord, me protect.

F

Forget not, when thou mean'ſt to vſe
Gods Creatures, or his Mercies ſweet,
For Soules delight, or Bodies health,
To craue his leaue and bleſſing meet.

G

Giue vnto God due thankes and prayſe,
VVhen comfortable vſe thou haſt
Of any of his bleſſings good;
Or elſe he counts them ſpent in waſte.

H

Hold this for ſure, that in true Prayer
The hearts deſire is chiefeſt thing,
Yet voice will helpe the ſame to warme,
And baniſh dulneſſe and wandring.

I

(If poſſibly thou canſt it find)
Set out ſome time of euery day
To muſe, to pray, and read good Bookes
That grace and conſcience increaſe may.

K

Keepe heart and minde much bent to thinke,
How God hath made and ruleth all;

Pſal 4 8. & 6 5. Ruth 3 3. Gen 28 16. to 20. Pſa. 50. 14. 15 & 27. 8 Gen. 24. 12. & 31. 32. 1 Sa 17. 37. Nebe. 110. & 2. 4. 1 Tim. 2. 4. 1 Sam. 9. 9. Mat. 14. 19. Mark 6. 31. Deut 8. 10. & 32. 15. Pſal. 68. 10. Mat 2 6. 30. Iohn 4. 24. Exod 14 15 1 Sam. 1. 15 Pſal. 5. 2. 3. & 16. 9. & 30. 12 Pſ. 119. 164. Gen. 24. 63. Pſa. 55. 7. Dan. 6. 20. Prou. 16. 4. Math. 10. 20 30. Iob 9 21. Eccleſ. 9. 2. Mat 25 33.

2 Th. 1.6.7. How here he deales with good and bad:
Isa.53 1.2. How differ in the end they ſhall.
3 4. &c.

L

Rom.5.7 8 Like beſt to ponder Chriſt his Workes,
1 Cor.2.2. How thee he ſau'd from ſinne and ſhame,
Gal 6 14. And made thee heire of Paradiſe
Phil.3 8. Delight therein, and praiſe his Name
Pſ.37.37.

M

Mat.25.46 Marke well the liues of good and bad:
Heb 13.7. Conſider eke the ends of both,
Luk 16 22. To moue thee for to imitate
Ia.5.10. 11. The vertuous Man, and Sinners loath.
Pſ.39.4 5 6

N

Heb 9 27. Nurture thy ſoule with thoughts of Death,
Ec.2.18.19. That needs thou muſt from hence remoue,
Luk 12.20. (Leauing thy wealth and deareſt things)
31. &c To fixe thy minde on Heauen aboue.
Ga.6.14 15

O

2 Cor.14.16 Obſerue how thy corruption dyes:
Eph 4.21. Let not thy deareſt Sinne deceiue thee:
Iob20.12.13 VVhy ſhouldſt thou count that ſweet or good,
Mal.5 29. VVhich may of glory quite bereaue thee?
Gen 21. 34.

P

Mat 16 66. Practiſe Gods worſhip with delight:
Deut 2747. Ioy in the Godlies company:
Pſ.119 68. VVith God thy couenant oft renew:
Iſal 39. 1. Mourne for thy ſinne; and it defie.
Zach 12.10

Q

1 Theſſ.5.19 Quench not thine owne or others ſpirit,
Ep.2.29.30 By idle or Vnſauory ſpeech;
Ezec.13.22 Let thy behauiour euery where
Marh 5.16 All good, no ill, to others teach.
Titus.2.3.

R

Exod.10 7. Rehearſe no Name, no VVorke, nor VVord
Deu.28 58 Of God without high reuerence:
Exo.20 16. Speake of no man but louingly,

Although

Although it be in thy defence. *Pſal.* 15. 3.

S *Acts* 14. 16.

Seeke to approue thy ſelfe to God, 1 *Theſ.* 4. 14
Thy Conſcience, and Gods Children deare, 2 *Theſ.* 3. 6.
By dealing in thy calling, and *Eccleſ.* 5. 12.
With ſuch to whom thou art moſt neere. 25 *et* 1. 5. 9.

T *Exod.* 10. 7.

Take heede, leſt Satans craft (by meanes *Epheſ.* 6. 12.
Of natures bent t'Hypocriſie, *Ier.* 17. 7.
And to Profanenеſſe) make thee vſe *Ro.* 5. 15. 16
Religious duties formally. *Mat.* 15. 8.
& 6. 5. 6.

V *Acts* 5. 29.

Vſe not the ſame for faſhions ſake, *Math.* 19.
Or for thy credit, but with care 28. 29.
Thy God to pleaſe, that in the end
Both ſoule and body well may fare. *W. L.*

Graces before Meate.

MOſt gracious God and louing Father, we humbly beſeech thee to forgiue vs all our ſinnes. Be preſent with vs, and bleſſe vs, and all thy good creatures prouided for vs, Giue vs Grace to receiue them thankfully as from thy hand and to vſe them ſoberly as in thy ſight, to thy glory and our owne comfort, through Jeſus Chriſt our Lord. Amen.

Bleſſe, good Lord thy holy Church, our gracious King and Queene, his Royall Family and his Realmes, & ſend vs eternall life, through Jeſus Chriſt our Lord.

Another

HEauenly Father we humbly beſeech thée to pardon all our ſinnes, whereby we haue made our ſelues vnworthy of the leaſt of thy mercies. Let not thy good creatures prouided for vs, be an occaſion of diſhoneuring thee, diſordering our ſelues, or offending our Brethren, but ſo ſanctifie them to vs, and vs to a wiſe and ſober vſe of them, that we may thereby be made more fit to doe thée ſeruice, procure the good of our Brethren, and follow the duties of our callings, to thy glory and our owne ſaluation, through Jeſus Chriſt our Lord. Amen.

Bleſſe good Lord. &c.

Another

MErciſull Father, wée moſt humbly beſeech thee to forgiue vs our ſinnes. Vouchaſe, good Lord, ſo to bleſſe our méeting, meate and drinkes, that thereby our health may be continued, brotherly loue increaſed, and we made euery way more able and willing to walke before thée in Duties of Chriſtianity and our callings, to thy glory, our owne ſaluation, and the good of others, through Jeſus Chriſt our Lord. Amen.

Another

LOrd, wee beseech thee to pardon our sinnes, and sanctifie the foode which thou hast prouided for vs. Grant that hauing so many pledges of thy loue, we may bleſſe thee in our hearts, and in our behauiour: to thy glory and our owne ſaluation, through Jeſus Chriſt our only Mediator and Aduocate.

Grace after meate.

WE humbly thanke thee O Lord heauenly Father, for refreshing our fraile Bodies with thy good Creatures, beseeching thee likewiſe to feede our ſoules with thy liuely word that wee may glorifie thee, both with our ſoules, & our bodies, through Jeſus Chriſt our Lord.

Lord bleſſe thy Church, &c.

Another

HOnour and prayſe be vnto thee, O Lord heauenly Father, for all thy mercies beſtowed vpon vs, and for the food we haue now receiued of thy bountifull hand. Make vs thankefull for it, and giue a bleſſing to it: that thereby our health and ſtrength may be continued for the better performing all holy duties of Chriſtianity, and our ſeuerall callings to

the

thy glory and our comfort, through Jesus Christ our Lord.

Another

BLessed be thy Name, most gracious God and loving Father, for [illegible] and at all times [illegible] to pardon and passe by all our sinnes and infirmities, wherby heretofore, and [illegible] we have offended thy Majestie, and that we may hereafter keepe [illegible] to the glorie of thy holie Name, through Jesus Christ our Lord.

Another

[illegible] Lord, [illegible] for all good thing, and [illegible] fountaine thereof, and for Jesus Christ the foundation of thy love, and for all other [illegible] and tokens of thy favour, and for the [illegible] have [illegible] receaued: which [illegible] to bless vnto vs, that we [illegible] be the fitter to doe thee seruice through Jesus Christ our Lord, Amen.

FINIS.